

BOOKING FORM

NAV+art/Open24 Training Day– please complete and return to:

NAV+art, Joe Faulkner, High Brow, Tirril, Penrith, Cumbria, CA11 8UH

Please book me a place on the ‘How to Survive the Open24’ Training Day.

Name _____

Address _____

_____ Postcode _____

Email _____ Phone Number _____

Please enclose a cheque (payable to ‘Joe Faulkner’) for £50, which includes free ‘indoor camping space’ for Saturday night.

NAV+art Questionnaire – your responses will help with planning the weekend.

Do you consider yourself a : Runner [] Fell runner [] First time Mountain Marathoner []
MM Improver [] Adventure Racer [] Other _____

Please tick any that apply to you.

Please list any races or events you have participated in

Can you make an assessment of your skills as listed below ?:

	Poor	1	2	3	4	5	6	7	8	9	10	Good
Map Interpretation												
Use of Compass												
Navigation/Route choice												
Equipment Knowledge												
Mountain Experience												

Can you identify any specific weakness that you are aware of and wish to address?

Is there any specific issue you would like to focus on ?

How did you hear about NAV+art?

Any other comment or question ?

Signed _____ Date _____

Your booking and responses are very much appreciated – we look forward to meeting you.